

Social support and psychological well-being among older Malay women in Peninsular Malaysia

Abstract

Research shows older women are at increased risk for poor psychological well-being. The present study investigated the effects of social support on psychological well-being of a random sample of 716 older Malay women which obtained from a national survey. Findings from multiple regression analysis revealed a significant model ($F=15.06$, $p \leq .05$) where psychological well-being was best predicted by non-family support ($\beta=.22$, $p \leq .001$) and family support ($\beta=.10$, $P \leq .01$), after controlling for sociodemographic factors. Results of this study imply that social support especially from non-family source is a significant predictor of psychological well-being among older women.

Keyword: Older women; Social support; Psychological well-being